



Vol. 47, No. 35 • 374th Airlift Wing • Yokota Air Base, Japan • Friday, Sept. 22, 2006

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## Maintaining base security, everyone's responsibility

By Staff Sgt. Ruth Curfman  
 374th Airlift Wing Public Affairs

Being stationed overseas can be a fun and interesting experience but we cannot forget that we must all remain vigilant and look out for each other.

Although living on base may be considered safe, the 374th Security Forces Squadron wants



people to remember that there is still a need for a Neighborhood Watch program on base.

"The main issues we deal with on base usually entail thefts from unlocked vehicles," said Dan Satterlee, 374 SFS installation security section chief. "Other than that, this is a pretty safe place to be, but we still need people to be aware of their surroundings."

"The Neighborhood Watch program was launched in 1972," said C.J. Cavalier, 374 SFS resource protection and crime prevention program coordinator. "It is one of the oldest and most effective crime prevention programs in the country."

"I call it neighbors helping neighbors; we are asking people to come together in an effort to reduce crime," said Mr. Satterlee. "It's a community-based program that the National Crime Prevention Council calls the foundation

of community crime prevention."

"We are always looking for volunteers but I don't think people realize how easy it is," said Mr. Cavalier. "All we need is two people who live in an area to be aware of who belongs and who doesn't. Then if there is something or someone suspicious in the area, call the Crime Stop Hotline and report it."

"We have all the tools and information if anyone is interested in becoming a part of improving the quality of life and safety on base," said Mr. Satterlee. "We ask that at least two neighbors come together and agree to look out for one another by forming a watch and we will provide the training and the materials."

Not only does this program help the neighborhood, but it

also improves communications with Security Forces.

"When people start getting involved with Neighborhood Watch, the community becomes safer, and it can also help promote a greater sense of security and a caring community," said Mr. Cavalier.

"Security is everyone's responsibility, not just Security Forces," said Mr. Cavalier. "By being aware of who your neighbors are and who doesn't belong in your area you can join McGruff the Crime Dog and 'Help Take A Bite Out Of Crime' too."

### Yokota's crime statistics from 2004 to 2006

Neighborhood Watch increases awareness of this type of crime and reminds people to lock up their property.

During 2004 and 2005 there were 515 reported incidents to include on-base thefts, destruction and vandalism.

The following is the breakdown of these incidents:

- ☞ Estimated value of private property - \$120,000.
- ☞ Estimated value of government property - \$7,300.

☞ No known subject for 353 of the incidents.

☞ No witnesses.

☞ Main problem was theft from automobiles.

Incidents reported from Jan. 1 through Aug. 31

☞ 24 thefts from cars totaling an estimated \$6,000 loss in personal property.

☞ Average three per month.

☞ 20 or 83 percent of the automobiles were unlocked.

## Professional Enhancement Center opens

By Staff Sgt. Ruth Curfman  
 374th Airlift Wing Public Affairs

The 374th Airlift Wing First Term Airman's Center staff and students moved to their new location next to Airman Leadership School in conjunction with the opening of the Yokota Professional Enhancement Center.

"Our new \$750,000 PEC will be the key location for Yokota's Professional Military Education," said Staff Sgt. Kenneth Lewis, 374th AW FTAC team leader. "The PEC, co-located with ALS, will offer professional enhancement seminars for non-commissioned officers and senior NCOs, FTAC, career assistance advisor and any additional educational or enhancement purposes for all ranks."

The facility for the new center also received an upgrade.

"The new building features state of the art classrooms, computer lab,

student break area and administrative offices," said Staff Sgt. Daniel Cain, 374 AW FTAC NCO in charge. "I think this is a great improvement to the base as well as to the Air Force's commitment to Airmen and their supervisory skills."

"The facility is a great improvement, I think that it is very beneficial to have resources available to all Airmen in one centralized location," said Sergeant Lewis.

"By having the career assistance advisor here as well, it helps people make critical career decisions and progress with their careers."

"We are kind of like a one-stop shop when it comes to helping Airmen determine what is next in their future or to help make the enlisted and officer cores more solid," said Sergeant Cain.

Although the first official class for FTAC started Sept. 11, there is no scheduled date for the first NCO Professional Development Course to begin.



photo by Staff Sgt. Ruth Curfman

**Students and instructors from Airman Leadership School and First Term Airman's Center PT together.**

### Take me out to the ball game at Yokota Day

**Left, Col. Lee Wyatt, 374th Mission Support Group commander, throws out the first pitch at the Seibu Lions game Tuesday night. The Lions had a 6-2 victory against the Fukuoka Softbank Hawks. Yokota community members were invited to attend at reduced ticket prices for "Yokota Day," hosted by the Seibu Lions and partnered with 374th Services Division. Below, Yokota's Honor Guard present the colors for the opening ceremony at the Seibu Invoice Dome. Contact Information Tickets and Tours for information on tickets.**



photos by Mark Allen



# Childcare available for extended-duty, exercises

**By Master Sgt. Dominique Brown**  
374th Airlift Wing Public Affairs

Serving in the armed forces can mean working extended days and odd hours, which can strain military parents when it comes to child care.

The 374th Services Division offers Exceptional Child Care programs that are tailored to supplement extenuating duty requirements through the Family Child Care Program (FCC), School Age Program (SAP) and Child Development Center's (CDC) extended hours.

"This is an Air Force funded program for parents who qualify," said Geraldine McNeill, Yokota's Family Child Care coordinator. "At first parents were required

to pay a \$2 co-pay, but after 9/11, the Air Force waived the co-pay."

The Extended Child Care program assists military families when parents are required to work mission-related duty beyond the standard 40-hour week.

"The purpose of this Air Force initiative is to subsidize additional cost to military families due to extended work weeks," said Ms. McNeill. "The cost for extended child care could become very expensive on an ongoing basis."

Space availability depends on age and number of children, and is provided by Air Force FCC homes. Upcoming exercises, deployments, temporary shift changes or other duty related needs such as rapid mobilization fall under extended duty,

and if personnel are enrolled in the program, there is no charge for the extended child care.

To be eligible for the program, at least one parent must be active duty, Reserve or Guard on active duty, or a DoD civilian employee.

Ms. McNeill advises base members who might have the potential need for the extended child care to enroll quickly to reserve slots for their children with an FCC provider, especially with the upcoming Operational Readiness Exercise.

"Child care spaces are limited, however, hours are unlimited," said the childcare coordinator.

The CDCs and SAP offer extended

care hours during exercises as well to help parents juggle mission requirements. Dual military, single military and mission essential DoD civilian employees who already have children enrolled in the CDC or SAP are eligible.

Normal operating hours for these two programs are 6:30 a.m. to 5:30 p.m., but during the upcoming ORE, extended care hours are 5:30 a.m. to 6:30 p.m. "The staff here understands the mission requirements during exercises," said Janet Evans, Child Development Programs director. "We work hard to take care of the children while the parents work hard to meet that mission."

For more information or to enroll in the Extended Child Care program, call Ms. McNeill at 225-8192.

## Japanese air defense forces begin United Nations missions over Iraq

**By Tech. Sgt. Chuck Marsh**  
U.S. Central Air Forces-Forward Public Affairs

SOUTHWEST ASIA (AFPN) — For the first time in their 52-year history, the Japan Air Self Defense Force began its first United Nations mission over Iraq Sept. 6.

The first flight of their new mission landed safely at Baghdad International Airport, Iraq, before returning to its forward-deployed location in Southwest Asia later that day.

The mission, transporting U.N. members and cargo for the United Nations Assistance Mission for Iraq, or UNAMI, adds to Japan's already established role of air-transporting coalition troops and cargo.

While the JASDF C-130s will continue the majority of their flights in support of Operation Iraqi Freedom, their C-130s now have a dedicated mission solely for passengers and cargo on U.N. flights.

"Although the Japan Self Defense Force (Japanese army) has experienced this kind of extended period in operations abroad, such as (peacekeeping operations) in Cambodia, this is the first time the Air Self Defense Force has taken on a U.N. mission in Iraq," said Col. Shunji Izutsu, Japanese liaison officer to U.S. Central Command Air Forces.

"Not only does their taking this step mean a new page in Japanese history, it also re-enforces Japan's dedication to helping secure the future of Iraq and winning the war on terrorism," said Maj. Gen. William L. Holland, deputy Combined Forces Air Component commander.

The colonel said Japanese airlift operations in support of Operation Iraqi Freedom, consisting of nearly one-quarter of their C-130 fleet, have been successful. They have not only transported their Self Defense Force troops, but also continue to coordinate with the CAOC on missions to safely transport other coalition military members and cargo.

"This is a very significant event," Colonel Izutsu said. "I believe our partnership has also contributed to reinforcing

the U.S.-Japan alliance.

"The first goals of UNAMI were such as giving advice for a general election and drafting the constitution of Iraq," Colonel Izutsu said. "With the government of Iraq established, UNAMI is trying to expand their activities to reconstruction, development and humanitarian support."

The colonel said there have been no major problems with the addition of the U.N. mission, and they are prepared to transport people and pallets as needed. He added that while preparation and ground support for United Nations are new issues, it is a good experience for the JASDF troops.

"Our Japanese coalition and United Nations partners have undertaken a great step for their Air Self Defense Force by performing the UNAMI missions," General Holland said. "They were asked by the United Nations to take on this role and, as a testament to their Air Self Defense Force, have transitioned seamlessly."

The Japanese aircrew and support crews have been working in Iraq supporting the coalition with airlift since December 2003, so they have been flying missions and are familiar with transport missions in Iraq. The main difference now, said the colonel, is the level of coordination for missions.

"Since our current missions here require military-to-military coordination, it is fairly easy to be flexible. We can deal with any unexpected incidents quickly and adequately," Colonel Izutsu said. "Conversely, the coordination between the United Nations and our staff at the working level can, at times, prove difficult and time-consuming. Once these issues are resolved, our mission supporting UNAMI should

become similar to the current mission."

No matter which missions the Japanese C-130s are tasked to fly, they know their contributions play a key part in the war on terrorism.

"That Japan supports UNAMI while also participating in the coalition means Japan is putting a lot of effort to contribute to Iraqi reconstruction," the colonel said. JASDF's C-130s play an important role with significant meaning.

"Stabilizing public security in Iraq by the coalition forces is a crucial condition," he added. "However, in addition to that, various kinds of international cooperation are necessary and the activity of UNAMI is one of them. If the JASDF mission becomes the contact point between United Nations and the coalition and facilitates mutual understanding between them, this should be meaningful for Iraqi reconstruction."

Colonel Izutsu said in order to understand the future of Iraq, people must look back at the history of both Japan and the United States, each

of which went through devastating civil conflicts, but emerged as modern, stabilized nations.

"I surely appreciate the coalition soldiers who are working very hard to stabilize Iraqi public security," he said. "Also, I pray for the souls for soldiers and innocent civilians who have been killed during this turmoil."

"If you look back in time to the middle of 19th century, both the United States and Japan experienced severe domestic turmoil as well, in the way of the Civil War and the Meiji Restoration. After their conflicts, both stepped forward as modern nations. Iraq itself is a modern nation and the birth place of the Mesopotamian civilization. In the future, I believe Iraq will be a democratized modern nation, but in the meantime I will continue to hope for a stabilized and reconstructed Iraq."

# AD

# Selective Early Retirement Board to convene Jan. 8

RANDOLPH AIR FORCE BASE, Texas (AFPN) — In an effort to shape the force to support core and emerging missions, Air Force officials will convene a Selective Early Retirement Board Jan. 8 to balance the excess of officers in the colonel and lieutenant colonel ranks.

The SERB will evaluate line of the Air Force and chaplain colonels and lieutenant colonels who meet the following criteria: Colonels with four years time in grade and lieutenant colonels who have been non-selected for promotion to colonel at least twice will be considered by the board for early retirement.

Judge advocates will not meet the board.

The 2007A SERB is scheduled to convene at the Air Force Personnel Center. Officers selected by the SERB for early retirement must apply for a voluntary retirement date of no later than Sept. 1, 2007.

Senior raters will write retention recommendation forms, or RRFs, on their eligible officers to provide retain or retire recommendations.

The officer's senior rater is determined based on the unit the officer is assigned to by Sept. 15. SERB-eligible officers should receive a copy of the RRF no later than 30 days before the board.

They are responsible to ensure the accuracy of the RRF, performance reports,

decorations, and the data on their pre-selection brief prior to the board date.

To preclude SERB consideration, SERB-eligible officers must submit a retirement application and have it approved by Jan. 1.

Officers should submit their applications by Dec. 15 to ensure approval by the deadline. The requested retirement date must be on or before Sept. 1, 2007.

Officers with an approved voluntary retirement, those already selected for promotion or scheduled for mandatory retirement in fiscal 2007 or 2008 will not meet the board.

By law, the Air Force may select up to 30 percent of the eligible officers in each

grade and competitive category for early retirement.

The SERB will closely mirror the central selection board process for promotions and will consider the member's decorations, RRF, training and performance reports, and officer selection brief.

For more information about the SERB and volunteer separation opportunities, visit the AFPC Web site at <http://www.afpc.randolph.af.mil/retsep/forceshaping/CURRENT/SERB07.htm> or call the Air Force Contact Center at 800-616-3775.

(Courtesy of Air Force Personnel Center News Service)

## KUDOS teaches children about deploying

By Master Sgt. Dominique Brown  
374th Airlift Wing Public Affairs

Kids Understanding Deployment Operations is scheduled for Sept. 30 here, through the Airman and Family Readiness Center.

Children can process through a mobility line, have their faces painted in camouflage, receive a mobility bag, folder and dog tags to experience what it's like to deploy.

"The entire KUDOS event is geared toward alleviating the stress children might feel when their parent's deploy," said Master Sgt. Dwayne Mosbey, Airman and Family Readiness superintendent. "Besides learning about deploying, it is also a lot of fun."

Activities are scheduled throughout the event and include origami paper folding, a bouncy castle and a visit from McGruff the Crime Dog.

Displays include a C-130 aircraft, Humvee, fire truck, field tent and a video teleconferencing phone.

"The fun starts at 9 a.m. in building 400, and goes until 3 p.m.," said Sergeant Mosbey. "Children will also receive a free t-shirt and lunch."

"There is a limit of 250 participants this year, which was the same limit last year," said Sergeant Mosbey. "All 250 slots were filled last year."

Parental registration and permission slips are required to attend. To register, call the AFRC at 225-8725.

### Join in the dance ...

**Children join in the fun during National Kids Day festivities at the Main Youth Center Saturday, donning Hapi Coats to participate in the Awaodori Parade featuring traditional Japanese dancing. Festivities included performances by the Tanabata dancers and Taiko drummers from the city of Sayama. The Yokota Air Base Youth Programs sponsored the event and provided games, food and prizes to children who attended in celebration of the fourth anniversary of National Kids Day.**

photo by Master Sgt. Dominique Brown

# AD



# Readiness; year-round mission

By Lt. Col. Robert Buente

374th Operations Support Squadron

It's 2 a.m. and the phone rings. It is your commander and there has been a horrible natural disaster in a faraway, relatively unfriendly country. You need to report to work with your mobility gear for a temporary duty of unknown duration at an, as of yet, unknown location. Are you ready for the call?

This is obviously an extreme case, but almost all of us recognize that call from past experience. We must be prepared to answer that call.

As the only airlift wing in the western Pacific, Yokota has a capability not available at other military bases in the area.

We will get the call in the event of disaster in the area as we have in the past. Recent examples of Yokota answering the call include the 2004 Tsunami response and this year's Indonesian earthquake and Philippine mudslide relief efforts.

I know we all like to think that we are prepared, but the readiness mission has a lot of moving parts. Folks at all levels of the chain of command must be involved for it to be a success, not the least of which is your family.

Unit readiness is the responsibility of the commander and is the ability of that unit to meet its wartime mission. Go read your squadron's mission statement – that document should closely reflect your wartime mission and thus your commander's readiness goal. Commanders just don't make that stuff up so they have something to hang on the wall.

Unit capabilities and expected levels of performance are driven by Operations Plan requirements. There are multiple methods to increase a unit's preparedness; wing or group-level exercises, surge operations, and training deployments are just a few of the ways to make sure a

squadron is able to answer the call.

Regardless of the training opportunities, unit readiness will hinge on the ability of the individual to answer the call.

Individual readiness is a first-line supervisor responsibility. These requirements can be quite mundane and probably aren't as fun or as unit training. Nevertheless, they are absolutely key to making sure that an individual is ready to deploy.

I break these down into three areas for my squadron: medical readiness, fitness and individual training. Let me explain;

Medical readiness is pretty straightforward: Is your physical health assessment current, do you have all your shots, is your nose cold and wet?

Physical conditioning is also pretty straightforward. While you might not think that your job requires physical conditioning, you may feel differently when you are needed 12-14 hours per day, seven days a week and in extreme weather conditions.

The current Air Force physical training test does a reasonable job of measuring your ability to handle these stresses.

The last item, individual training, has many factors to include mission ready upgrades and ancillary training. Do you know how to wear your chemical gear? How about your Law of Armed Conflict currency? Even if you get extra shots, you will not be ready to deploy if you aren't confident in your family's ability to survive and thrive in your absence.

The last factor in your readiness is

your family's readiness and regrettably this is often ignored.

You must prepare your family for your deployment-this is a year-round requirement if you are on mobility

status. Discuss how things are going to get done if you get the call; what bills to pay, where the spare keys are kept, how to get the taxes done.

Make sure your legal affairs are in order, and most importantly, let your family know that it is going to happen. Maybe not today, maybe not tomorrow, but you are going to deploy eventually.

This is by no means a complete list; please see your first sergeant or the Airman and Family Readiness Center for a more complete family readiness checklist.

Readiness is much more than responding to the call in the middle of the night. It is a year-round occupation to ensure that your unit, your family and you are capable of not only answering that call, but being able to do the job, with excellence, for an extended period of time.

This takes more than desire; a large amount of preparation and training are also necessary to ensure sustained combat readiness.

Whether you are new to Yokota or a seasoned Kanto Plains veteran, take some time to examine your readiness, that of your co-workers and your unit as a whole. Upon closer examination, you may find that one or more areas need attention.

Now is always the time to address readiness issues-you don't get to choose what time the phone rings.

## Mission focusing important in turbulent times

By Maj. Matthew Gamblin

374th Maintenance Squadron

The Air Force is constantly changing. With manning cuts looming, officer selection boards, and retraining boards taking people out of their chosen career fields, many Airmen are asking "what should we hold on to?" as we perform our jobs every day. My answer is this—the mission of you and those around you.

In determining this mission, look at what's most important in what you do every day. As an aircraft maintainer here, I see the most important things as fixing equipment and aircraft, being ready to deploy and receive

forces and taking care of the people that do these tasks.

Can you focus your section, shop or flight on several tasks and state them simply? If so, you have it nailed, now figure out how best to accomplish those tasks. If not, think about what your contribution is to your squadron, group, and ultimately your wing's mission.

Defining a unit's mission statement is ordinarily left to those with many years in the Air Force—usually senior noncommissioned officers and officers.

Typically the mission statement ends up something that has to be written on the wall because no one can remember it.

This is where we usually go

wrong: from the lowest ranking Airman to the highest ranking in an organization, we must be able to explain our mission and what specific part we play in accomplishing that mission.

This torch must be carried by all of us, although it is lit by the leaders of the organization.

How does one define their mission? Start with your day-to-day tasks. What do you do on a daily basis? Or, if your shop or section did not work one day, what operation would stop? This defines your mission.

Two other ways to define it is: what do you do when you deploy to the desert or around the Pacific? What did your tech school train you to do?

It is usually easy in my job to see the effects of my squadron on the wing's mission: when my group doesn't do it's job, the aircraft don't fly. The aircrews can show up, but there is no fuel in the airplanes and the aircraft aren't ready to fly.

I would argue that anyone of us can determine where we fit into the bigger picture of the wing's mission. Staying focused on performing our mission, and doing it right the first time, will make it easier to focus every day.

It will make it better to work and play, whether you're here at Yokota, you're deployed to support another humanitarian relief operation, or you're deployed to support operations in Iraq or Afghanistan.



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### Deadlines

The deadline for articles, briefs and classifieds is Wednesday the week before publication. For holidays, the deadline is one day earlier.

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### DUI Prevention

Sept. 13 – Sept. 19	0
Total DUIs in September	2
Total in 2006	12

#### Punishment

.049 or less = car parked for 12 hrs.  
.05-.079 = 6 months walking  
.081-.149 = 1 year walking  
0.15 or greater = 2 years walking

### Misconduct Prevention

Sept. 13 – Sept. 19	0
Total incidents in September	2
Total in 2006	74

#### Punishment

Family members or civilians can lose AAFES, MWR or Commissary privileges; receive fines or restitution, community service hours, evaluation or counseling, curfew, suspension or loss of driving privileges and debarment from base through the Yokota Conduct Adjudication Program.

**E-mail the 374th Airlift Wing commander at: [action.lines-1@yokota.af.mil](mailto:action.lines-1@yokota.af.mil)**



# Band builds international relations through music



photos by Staff Sgt. E.G. Eggman

**Maj. Dan Price, U.S. Air Force Band of the Pacific-Asia commander, greets Japanese guests as they leave Matsu no Yakata Hall after a concert here Sept. 9. Three members of the Japan Air Self-Defense Force's Northern Air Defense Force Band joined 17 members of Pacific Showcase, the U.S. Air Force Band of the Pacific-Asia, stationed at Yokota Air Base, for the concert.**

**By Staff Sgt. A.C. Eggman**  
35th Fighter Wing Public Affairs

TSUGARU-CITY, Japan – As a means of building good community relations between U.S. Forces Japan and this town in the northwestern corner of mainland Japan that is home to a new military radar site, members of Japanese and U.S. military bands performed here Saturday before a capacity crowd.

“The way they joined together is a perfect example of the great relationship between the militaries of our two countries,” Col. Joel Malone, 35th Fighter Wing vice commander, told the audience. “It is very important that we work on relationships between our communities near our bases that we live and work at. It is very important to us to earn your support, your cooperation and your respect.”

Three members of the Japan Air Self-Defense Force's Northern Air Defense Force band joined 17 members of Pacific Showcase, the U.S. Air Force Band of the Pacific-Asia, stationed at Yokota Air Base, for the concert. The U.S. band per-

forms throughout the region at military and civilian events.

The band enticed the crowd with favorite numbers such as “Chattanooga Choo Choo,” “Moonlight Serenade,” “Pennies from Heaven,” and “Can't Buy Me Love.”

U.S. Band Commander Maj. Dan Price said music cuts across cultural and language barriers. Music is “an expression of our united commitment of Japan and the United States to a world that is peaceful and harmonious. We perform to strengthen feelings of neighborhood, to show we are all in it together. We do it to show there's a bond there and that we are brothers in freedom and in protecting that freedom.”

Tsugaru Mayor Hiroyoshi Fukushima thanked the band members and local organizers of the concert, which attracted more than 350 people from the community of about 40,000 residents.

The forward-based X-band transportable radar site began operating at the JASDF's Shariki Air Station near here in July. The radar system is designed to detect and track ballistic missiles and



**Japan Air Self-Defense Force Capt. Shuntaro Narita and U.S. Air Force Master Sgt. Tom Eckert, perform a trombone duet to “Basin Street Blues” here Sept. 9. The captain and two other members of the JASDF's Northern Air Defense Force Band joined Sergeant Eckert and 16 other members of Pacific Showcase, the U.S. Air Force Band of the Pacific-Asia, in entertaining the capacity crowd. The U.S. band is stationed at Yokota Air Base, Japan and plays throughout the region at military and civilian events.**

was placed at Shariki for the mutual defense of Japan and the United States.

Even after a two-hour program of swing and contemporary jazz pieces, the audience demanded an encore, which the

band was more than happy to fulfill. Following the evening's performance, many of the younger audience members stuck around long enough to thank the band and get autographs.

# AD



## Off base

### Free dance performance:

Kiraku Public Kabuki Association is performing traditional Japanese dance Oct. 7 at Fussa Civic Hall, small hall 2F. Doors open at 11:30 a.m. and performance runs 12:30 to 4:30 p.m.

## On base

### Movies

**Today** – *John Tucker Must Die*, PG-13, 7 p.m.; *The Last Kiss*, R, 9:30 p.m.

**Saturday** – *The Lake House*, PG, 2 p.m.; *Lady in the Water*, PG-13, 7 p.m.; *The Last Kiss*, R, 9:30 p.m.

**Sunday** – *Click*, PG-13, 2 p.m.; *The Last Kiss*, R, 7 p.m.

**Monday** – *The Last Kiss*, R, 7 p.m.

**Tuesday** – *Lady in the Water*, PG-13, 7 p.m.

**Wednesday** – *The Last Kiss*, R, 7 p.m.

**Thursday** – *John Tucker Must Die*, PG-13, 7 p.m.

All movies and showtimes are subject to change without notice. Call 225-8708.

### 225-RIDE

Volunteers are needed to answer calls and provide rides for military members. If interested, e-mail 225-RIDE@yokota.af.mil.

### Deployment DVD

Sesame Street has made a deployment DVD for children and is free to U.S. Armed Forces personnel. The DVD is about Elmo's Dad leaving for an unspecified deployment and deals with his feelings before, during and prior to the homecoming. Visit <http://www.sesameworkshop.org/tlc/>.

### Motorcycle all call

There is a motorcycle riders all call at 3 p.m. Sept. 29 at the Enlisted Club. This is a 5th AF and 374th Airlift Wing mandatory requirement for all riders. Motorcycle parking will be available.

### American Red Cross

The ARC is sponsoring Sophie's Chinese antiques, furniture and Persian rug sale Saturday and Sunday at the Yujo Community Center. Saturday hours are 10 a.m. to 6 p.m. and Sunday hours are 10 a.m. to 5 p.m.

### Education survey

The Base Training and Education Services flight is conducting a "needs assessment" survey to ensure the academic programs on base are meeting the needs of personnel on base. Air Force and civilian personnel can access the survey from the Air Force Portal's Air Force Virtual Education Center site. For more information, call 225-7337.

### Applications delay

The temporary suspension of the Voluntary Assignment Applications consideration for Base of Preference, Voluntary Stabilized Base Assignment Program, follow-on, Join Spouse, CONUS Isolated and Permissive assignment requests has been extended to Sept. 30. For more information on this deadline change, e-mail [afpc.dpass3@randolph.af.mil](mailto:afpc.dpass3@randolph.af.mil).

### Talent show

The Air Force Family and Teen Talent Show is Saturday from 2 to 4:30 p.m. at the Taiyo Community Center.

### Cooking classes

The Airman and Family Readiness Center is holding a Korean cooking Tuesday from 11:30 a.m. to 12:30 p.m. For more information on the class or other available classes, call 225-8725.

### Tricare coverage

Dependent children attending college are authorized medical coverage through TRICARE until they turn 23. For more information, call 225-6474 or visit [www.tricare.osd.mil](http://www.tricare.osd.mil).

### Volunteers needed

The Yokota Officer Spouses

Club\* is looking for volunteers to assist vendors, donate baked goods and provide Japanese and Korean language assistance during their Asian Bazaar Oct. 14 and 15. To volunteer, call Kelly at 227-5009 or e-mail [yoscbazaarvolunteer@yahoo.com](mailto:yoscbazaarvolunteer@yahoo.com).

### Single's ministry

Young adults and singles of the chapel are welcome.

**Tuesdays** – Free dinner, Bible discussion and fellowship starts at 5:30 p.m.

**Thursdays** – Intercessory prayer at 6 p.m. and fellowship and snacks at 7 p.m.

**Fridays** – "Extreme Coffee Bar" with snacks, drinks and games from 7 p.m. to midnight.

**Saturdays** – Morning sports activities at the main gym, brunch at 1 p.m. and band practice from 3 to 5 p.m.

For more information, call 225-7009.

### Chapel schedule

#### Traditional (West) Chapel

Catholic Mass, Sundays at 9:15 a.m. and 5 p.m.

Protestant traditional service, Sundays at 11 a.m.

Korean service, Sundays at 1 p.m.

Seventh Day Adventists, first and third Sundays at 9:30 a.m.

#### Contemporary (East) Chapel

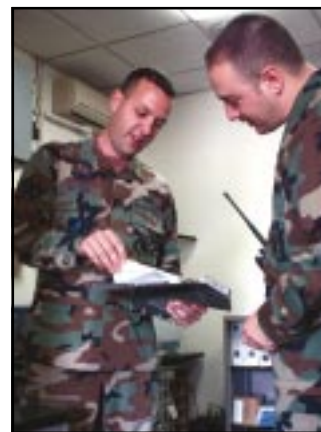
Protestant: Gospel service, Sundays at 11 a.m.; Contemporary service Sundays at 5 p.m.

### Skate night

Both youth center gyms are having a skate night Saturday from 6 to 8 p.m. The cost is free for members and \$3 for nonmembers. Children under 8 years old must be accompanied by someone 16 years or older.

### Girl Scouts

The Yokota Girl Scouts are looking for new members in grades Kindergarten through 12th. New troops are forming now. For more information or to join the local scout troop, e-mail [yokotagirlscouts@yahoo.com](mailto:yokotagirlscouts@yahoo.com).



Tech. Sgt. Kenneth Sutton

## Samurai Warrior



## of the Week

Tech. Sgt. Kenneth Sutton, left, 374th Logistics Readiness Squadron, is this week's Samurai Warrior of the Week for exhibiting the Bushido qualities of enhancing wisdom by broadening one's knowledge and for demonstrating loyalty to his superiors.

As the noncommissioned officer in charge of the fuels resource control center, his superior leadership and dedication was instrumental in developing a cohesive team of fuels controllers to monitor and direct the movement of 2.5 million gallons of jet fuel monthly in support of aircraft operations. He shared his vast experience and honed his skill, knowledge and expertise to effectively utilize and safeguard more than \$150 million in facilities and equipment vital to Yokota's support of the Global War on Terrorism.

### Tuition assistance

The Base Training and Education Services flight is accepting applications for the Air Force spouse tuition assistance program Term II until Sept. 29. For more information, call 225-7337.

### Airmen's Attic

The Airmen's Attic is now only for E-5s and below. To volunteer to work at the Airmen's Attic call at 225-2322.

### Assignments online

Enlisted Airmen are responsible for updating their own assignment preferences online through the Virtual MPF. Refer to instructions found under Self Service Actions.

### PSAT testing

All students interested in taking the Preliminary Scholastic Aptitude Test must turn in their permission slips by Oct. 12. The

PSAT will be Oct. 18 beginning at 8 a.m. The test is free for students in 10th and 11th grades. For anyone else desiring to take the test the cost is \$12 and must be paid prior to Oct. 12. For more information, call Jan Noyes at 225-7018 or 225-7019.

### Holiday greetings

Armed Forces Network Tokyo will be taping holiday greetings at the Yokota Community Center Saturday from 8 a.m. to 5 p.m. The greetings are mailed to commercial radio and television stations throughout the U.S. and aired during the holiday season. For more information, call 225-2360.

### PO disclaimer

An asterisk (\*) denotes a private organization. Private organizations are not a part of the Department of Defense or any of its components and have no governmental status.

# AD

## “Quotes” & Things

*“I hate all sports as rabidly as a person who likes sports hates common sense.”*

H.L. Mencken

### Dorm STORM events:

– Dodgeball tournament, Sept. 28 starting at 4:30 p.m. at the Fitness Center. Teams must be registered by today and must consist of six participants of which at least two must be female. Prizes are awarded to the top two teams in this event. Send an e-mail to [lisa.stevens@yokota.af.mil](mailto:lisa.stevens@yokota.af.mil) to register for the event.

– Home Run Derby, Oct. 1, Wilkins Field, free

– 9-hole golf tournament, Oct. 5, 5 p.m., Par 3, \$10 per person  
Ultimate Frisbee Challenge, Oct. 9, 2 p.m., Wilkins Field, free

**Running clinic:** Learn about safe running strategies and programs, running mechanics and injury prevention and self treatment through the Health and Wellness Center’s running clinic. Also receive expert analysis of foot type to recommended running shoes. 9 to 11 a.m. every third Wednesday of the month. Call 225-8322.

**TOPS:** Take Off Pounds Sensibly, a nonprofit weight-loss support group, Thursdays from 11:30 a.m. to 12:30 p.m. at the Health and Wellness Center. Seminars include skin care, hormones and weight loss, exercise tips, make-up tips and color analysis. Call the HAWC at 225-8322.

**Yoga class:** Take yoga during lunch Tuesdays and Thursdays from 11:30 a.m. to 12:30 p.m. at the Taiyo Recreation Center. Cost is \$30. Call 225-6955.

## Fit Factor promotes fitness, nutrition to youth



photos by Master Sgt. Dominique Brown



Left, children earn points for physical activity during a game of Mat Ball at the West Youth Center. Activities can be logged online to attain levels of fitness and to earn prizes such as pens, teddy bears, wrist bands and certificates through the Fit Factor program. Above, Yokota Middle School students play football and can log in 75 points in the Fit Factor program in a game of “Crush the Carrier” at the Main Youth Center on the east side of base.

By Master Sgt. Dominique Brown  
374th Airlift Wing Public Affairs

Get up, get out, get fit—that is the slogan for the Air Force Services program called Fit Factor.

The program is targeted toward children to encourage physical activity and healthy eating by rewarding youths for their efforts.

“Fit Factor originally was targeted toward youth ages 9 through 18, however, starting Oct. 7, it will include youth as young as 6 years old – to include all school age children,” said Bennie Luck, assistant youth programs director.

“This is a good program because kids can earn incentives for physical activity, instead of sitting in front of the television or computer all day,” said the director.

“The Web site gives a variety of ideas for kids to stay active while earning points to achieve different levels in the program.”

The levels are called Strength, Agility, Adventure and Endurance. Prizes

are awarded at each level.

“You log in up to 100 points a day and you can get things like a backpack, a water bottle, wrist bands or a hat,” said Aaron Morris, a student at Yokota Middle School. “I think Fit Factor is a good program, it gets me in shape for sports and I can win prizes for doing things that make me think about being healthy.”

The youth centers hold organized Fit Factor events one day a week to promote physical activity and nutritional awareness, although youth can log in unorganized physical activity as well to earn points, said Jacob Riddle, recreation assistant at the West Youth Center.

“Recently we have promoted a Fit Factor pool party, volley ball game and a game of Crazy Basketball.”

The next Fit Factor event is Cooking Nutrition class scheduled for Sept. 25 at the West Youth Center. Go to [www.afgetfit.com](http://www.afgetfit.com) to register in the Fit Factor program. Call the base youth centers to find out the schedule for upcoming Fit Factor events.



Children from the West Youth Center run laps to earn 50 points toward their Fit Factor tally.

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